

Beauty secrets

Give Your Beauty Routine A Boost This Winter

(NAPSA)—Winter weather is infamous for wreaking havoc on skin. Give your beauty routine a boost with simple skin and make-up tips from the experts with products you can pick up at the local drugstore.

Optimal skin care.

The first step to combating dull-looking skin is to cleanse with a daily exfoliator. Look for a formula containing gentle microbeads to slough away dead skin-surface cells and reveal a smoother-looking complexion.

Following cleansing, it is important to lock in moisture. Apply a light moisturizer that is gentle enough for daily use, can be worn under makeup and that offers photostable sun protection like the Purpose Dual Treatment Moisture Lotion with SPF 15. Even though it is cold outside, you are still exposed to the sun's harmful UV rays.

Makeup that works for you.

Keeping skin healthy is a must, even when it comes to makeup choices. Neutrogena Cosmetics Science Expert, Matin says: "I always recommend using a mineral foundation, such as Neutrogena Mineral Sheers Liquid Makeup SPF 20, since the ingredients help keep skin blemish-free and protected from the sun's harmful rays."

When it comes to the eyes this season, you'll want to opt for eye-shadow colors that are warm but will make your eyes pop, such as



Putting your best face forward is easy with the latest skin-pampering, protective beauty products.

navy, gray and purple. Try Neutrogena's Nourishing Eye Duo in Starry Night or Sugar Plum, which are infused with nutrients to moisturize eyes.

Effective ingredients.

The best time to restore your skin is while you are sleeping this winter. Look for face and eye moisturizers containing retinol, known as the "gold standard" in anti-aging ingredients. New York City-based dermatologist Gervaise Gerstner says, "Retinol is one of the best topical anti-aging ingredients. It's shown to be effective in reducing the appearance of fine lines and wrinkles while working to improve skin tone." Try the RoC Multi-Correxion Night Treatment. The moisturizer contains retinol and antioxidant vitamins C and E.